

EMERGENCY CONTRACEPTION

For Victims of Sexual Assault

Emergency Contraception can help prevent pregnancy after sexual assault.

- It is important to start Emergency Contraception promptly.

Some Emergency Contraception options include hormonal pills such as:

- Progestin-only pills (such as Plan B™)
- Estrogen/progestin pills (such as Preven™ or high doses of regular oral contraceptive pills)

**Other options may be available. Talk with your medical provider about the best choice for you.*

Safe and effective.

- Progestin-only pills reduce the risk of pregnancy by 89%.*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75%.*
- Emergency contraception is not meant to be used as a regular birth control method.

**Pregnancy risk reduction based on one-time use.*

Emergency Contraception Pills are NOT:

- Protection against sexually transmitted diseases, including HIV/AIDS.
- The same as RU-486 (the abortion pill).
- Capable of interrupting an established pregnancy.
- Capable of harming a developing fetus.
- Capable of affecting a woman's ability to become pregnant in the future.

In the case of sexual assault, where can I obtain Emergency Contraception Pills?

- Hospital emergency rooms in Washington State.
- Some pharmacies in Washington State.
- Healthcare providers and Clinics.

**For more information, including participating pharmacies in your area,
call 1-888-NOT-2-LATE (1-888-668-2528)
or visit www.not-2-late.com.**

Note: Some birth control information at 1-888-NOT-2-LATE and www.not-2-late.com may not be condoned by all individual beliefs.

COMMUNITY SEXUAL ASSAULT PROGRAMS

ADWAS
Seattle
(206) 236-3134 TDD

ATVP
Pullman
(509) 332-HELP

ASPEN
Ellensburg
(509) 925-9384

Adams Co. Resource Center
Ritzville
(509) 660-1067

Adams Co. Resource Center
Othello
(509) 488-7791

Children's Response Center
Bellevue
(425) 688-5130

CADA
Oak Harbor
(800) 215-5669

Clark County Sexual Assault Program
Vancouver
(360) 695-0501

Connections
Republic
(509) 775-3132

Crisis Support Network
Naselle
(800) 435-7276

DV/SA of Jefferson County
Port Townsend
(360)385-5291

DV/SA of San Juan County
Eastsound/Friday Harbor/Lopez
(360) 376-1234

Emergency Support Shelter
Kelso
(360) 636-8471

Family Crisis Network
Newport
(360) 447-LIVE
(800)548-3313

Family Resource Center
Davenport
(800) 932-0932

Family Support Center
Colville
(509) 684-6139

Forks Abuse Program
Forks
(360) 374-CARE

Beyond Survival
Aberdeen
(888) 626-2640
(360) 533-9751

HCSATS
Seattle
(206) 521-1800

Healthy Families
Port Angeles
(360) 452-4357

Human Response Network
Chehalis
(360) 570-0665 pager

Inland Counseling
Dayton
(509) 382-4039
(800) 382-4039

KCSARC
Renton
(800) 825-7273

Kitsap SA Center
Port Orchard
(360) 479-8500

Lower Valley Crisis
Sunnyside
(509) 837-6689

Center for Advocacy & Personal
Development
Shelton
(888) 341-7922 pager

New Hope
Moses Lake
(888) 560-6027

Programs for Peaceful Living
White Salmon
(800) 866-9372

Providence SA Center
Everett
(425) 252-4800

Rogers Counseling Center
Clarkston
(509) 758-4665

Safeplace
Olympia
(360) 754-6300

SA Center of Pierce Co.
Tacoma
(253) 474-7273
(800) 756-7273

SARC
Kennewick/ Tri-Cities
(888) 846-RAPE

Skagit DV/SA
Mount Vernon
(800) 726-6010

Skamania Co. Council
Stevenson
(877) 427-4210

SPIPA
Shelton
(360) 490-5713

Spokane SA Center
Spokane
(509) 624-RAPE

The Support Center
Omak
(888) 826-3221

Walla Walla YWCA
Walla Walla
(509) 529-9922

Wenatchee Domestic &
Sexual Violence Crisis Center
Wenatchee
(509) 633-1952
(800) 833-6388

Whatcom Crisis Services
Bellingham
(360) 715-1563
(800) 715-1563

Yakima SA Unit
Yakima
(888) 605-6999
(509) 576-4326

List provided courtesy of the Washington Coalition of Sexual Assault Programs (WCSAP).



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If you have questions, contact:

Office of Health Promotion

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(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team